

LSV-6 returns from vital Kuwait mission

SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Despite its relatively small size, the Army's watercraft community constantly demonstrates its flexibility and dedication to global readiness, with its Pacific-based mariners often operating on the other side of the world.

Thirty-one Army mariners from the 605th Transportation Detachment, 45th Sustainment Brigade, 8th Theater Sust. Command, returned from one of those missions, Nov. 12, after their nine-month deployment to Kuwait where they crewed U.S. Army Logistic Support Vessel-6 "James A. Loux."

"It brings me great joy to welcome back this detachment as it marks the first time in over a year that all three detachments of the 545th Transportation Company are at home station," said Capt. Christopher J. Vesce, commander, 545th Trans. Co. "Last year has been nonstop for the 605th."

The 605th was stationed at Kuwait Naval Base and transported critical cargo throughout the Persian Gulf in more than 30 underway missions, to-

taling 110 days at sea and 17,500 nautical miles of travel.

LSV-6 also joined 12,500 military and civilian participants from five continents to take part in Operation Eager Lion 14, exercising its ability to load tanks and other large vehicles from ship to ship, while training with special operations teams from five other countries.

As the troops reunited with their families, Vesce said, "I know everyone is anxious to get back to living the dream, here, in Hawaii, but let's make sure we all stay safe and look after each other during this transition."

The 605th troops are typically stationed here and operate one of the 8th TSC's LSVs during transportation and cargo ops missions throughout the Pacific region, averaging more than 200 days underway each year.

Photo by Staff Sgt. Taresha Hill,
8th Military Police Brigade

(Right) Spc. Chadwick Sams, watercraft engineer, 605th Trans. Det., meets his 4-month-old daughter, Nov. 12. Sams and 30 other crew returned home after a nine-month deployment in Kuwait aboard LSV-6 "James A. Loux."



Maj. Edward Shank

Command Sgt. Maj. Daniel Dailey, senior enlisted adviser, TRADOC, addresses recruits following an oath of enlistment ceremony, June 14, at Independence Hall, Philadelphia.

Dailey chosen as next SMA

ARMY NEWS SERVICE
News Release

WASHINGTON — Secretary of the Army John McHugh and Army Chief of Staff Gen. Raymond Odierno have announced that Command Sgt. Maj. Daniel A. Dailey will become the 15th Sergeant Major of the Army, Jan. 30, 2015.

"We have the utmost confidence in Command Sgt. Maj. Dailey and look forward to having him join our leadership team," said McHugh. "His experience, leadership, devotion to Soldiers and commitment to our Army make him especially suited to assume this important duty, one that Sgt. Maj. of the Army Chandler has masterfully performed for the last four years."

Dailey is currently the senior enlisted adviser for U.S. Army Training and Doctrine Command. He is a combat veteran with four deployments to Operation Iraqi Freedom and one in support of Operation Desert Storm. He was a command sergeant major for most of those tours, responsible for training, leading, mentoring and developing Soldiers

into leaders.

He will succeed Sergeant Major of the Army Raymond F. Chandler III, who has served in that position since March 2011.

"Command Sgt. Maj. Dailey epitomizes the competence, character and commitment we require of our Soldiers and leaders. I have every confidence in his ability as a visionary leader to help guide our Army through this time of great complexity and rapid change. He is a trusted Army professional," said Odierno.

At TRADOC, Dailey plays a key role in shaping the Army's plans for leader development and Soldier 2020.

"I'm passionate about the Army, and I'm passionate about taking care of Soldiers. This is truly a humbling opportunity," said Dailey.

Dailey will serve as the Army chief of staff's personal adviser on matters affecting the enlisted force. The exact duties vary depending on the chief of staff, though much of the job is spent traveling throughout the Army to observe training and speak to Soldiers and their

See SMA A-3

Delegates present AFAP issues

Story and photo by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — A group of about a dozen Army Family Action Plan (AFAP) delegates were gathered in one of the Nehelani conference rooms to discuss improvements to child care at U.S. Army Garrison-Hawaii.

Plastered on the walls were sheets of paper bearing the evidence of their brainstorming: Get better pay for child care workers, address the staffing shortage at the garrison's Child Development Centers, and partner with surrounding colleges to create a work-study program that would give students credit for working at the CDC.

"The ability for military parents to have reliable, quality child care directly impacts mission readiness," said Kate Disney, one of the delegates. "If you don't have somewhere to put your child, you cannot go to work. There are some off-post child care options, but many of them don't open early enough."

sue for Disney's group, it was only one of about a dozen issues facing Army families in Hawaii.

"It's rewarding watching how the delegates take an interest in the issues and realize that they have a voice, not just at the local level, but for the Army at large," said Brandi Stauber, chief of ACS. "But this year the challenge will be with the fiscal constraints imposed upon us."

In a conference room neighboring that of Disney's group, another group of delegates was looking into ways to address traffic safety, specifically at crosswalks. The delegates in this group discussed, among other things, whether the solution is coming up with new policies or simply ensuring that current policies are properly enforced.

And in a third conference room, the conversation centered on properly educating Soldiers and Army families, who are relocating, about their temporary lodging allowance. The problem seemed to be that information on this subject was not distributed equally throughout the Army, and this was causing confusion and,



Brig. Gen. Sean Jenkins, left, speaks with Directorate of Family and Morale, Welfare and Recreation Director Michael Amarosa at the AFAP conference Nov. 19 at the Nehelani. Jenkins was a keynote speaker at the conference.

Disney's group was one of four convened to identify garrison issues and recommend improvements at the three-day AFAP conference, which took place from Monday-Wednesday (Nov. 17-19). During the first two days, the delegates met in three groups, with each group focusing on a specific category: Soldier, family or service issues. A fourth group, made up solely of Army teens, met on Saturday to discuss issues specific to them.

The issues were submitted by the Army community in Hawaii through the Army Community Service website or by contacting the ACS office directly throughout the year. The AFAP delegates included a diverse group of Army Soldiers, spouses, survivors and Department of the Army civilians selected to represent the larger Army community.

While improved child care was a priority is-

in many cases, financial strife for families changing station.

"It's important so that everybody that goes through it doesn't have to go through it again. Everybody knows what to expect," said Karen Walker, an Army spouse and one of the delegates. "After one person fights the battle to figure out how it's done, the next person doesn't have to go ahead and fight the same battle."

All of these issues and others were presented to the USAG-HI command at the AFAP conference out-briefing Wednesday. From there, the issues will be reviewed by command until they are resolved, either at the garrison level or, if necessary, by escalating the issue to the Department of Army.

"We can't pay you for your time here, we

See AFAP A-4

Commissary to get renovation in Jan.

NANCY O'NELL
Defense Commissary Agency Public Affairs

SCHOFIELD BARRACKS — A renovation and design upgrade of the Schofield Commissary, which will include the replacement of refrigerated equipment, tiling and light fixtures, is scheduled to begin in January 2015.

In making the announcement, Commissary officials want to reassure customers that operation hours will not be affected. Normal hours will be maintained.

"This project will be phased to reduce the impact on our patrons," said Brad McMinn, store director, Schofield Commissary. "We will be providing updates on a regular basis to keep everyone informed on what to expect."

Upgrades coming

The Schofield Commissary is one of DeCA's 10 busiest stores.

The extensive scheduled renovation will include a new décor package that will include distinctive signs and interior color schemes. The customer-friendly design is intended to open up the entrance area by moving the public rest rooms to another location near the front of the store, while adding an entrance area ATM.

The cart corral will be moved to a covered area just outside the entrance to allow easy retrieval by customers entering the store.

See DECA A-4



HAWAII ARMY WEEKLY

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Commander, U.S. Army Garrison-Hawaii
Col. Richard A. Fromm
Garrison Command Sergeant Major
CSM Louis C. Felicioni
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil
News Editor
John Reese, 656-3488
news@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers, 656-3157
community@hawaiiarmyweekly.com
Staff Writer and Photo Editor
Karen A. Iwamoto, 656-3150
reporter@hawaiiarmyweekly.com
Layout
Estrella Dela Cruz-Araiza
Advertising: 529-4700
Classifieds: 521-9111

Address:
Public Affairs Office
948 Santos Dumont Ave.,
WAAF Building 105, 2nd Floor
Schofield Barracks, HI
96857-5000
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IMCOM RD addresses Thanksgiving safety

DEBRA D. ZEDALIS
Region Director
Installation Management Command-Pacific

FORT SHAFTER — This month, as we celebrate Thanksgiving, I ask you to be vigilant in looking after the safety of yourself, your friends and family. Keep your mind on the safety basics: Wear a seat belt, don't drink and

drive, and don't speed. Plan for a designated driver before you've had your first drink. Make sure you are driving safely and keep a watchful eye out for the travelers around you. The biggest hazards out there are other drivers, especially those who try to



Zedalis

multitask by texting or using cell phones. Although a time of joy and goodwill, this season brings particular hazards that can be unforgiving to the unprepared. Now is a good time to remember how to reduce the risks on these holidays.

During the Thanksgiving weekend, regardless of your plans, please be aware of the hazards; take action to guard against them and execute good safety practices. You are too important to your own families to fall victim to a preventable accident. I wish everyone a safe and happy holiday.



Sgt. Jorge Higuera, U.S. Army-Pacific Public Affairs

1st Lt. Mikhil Polan, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, presents Maj. Gen. Richard M. Burr and Maj. Gen. Gregory C. Bilton with artillery rounds during a Flying V ceremony, Nov. 17, at historic Palm Circle, Fort Shafter.

USARPAC honors Aussie generals with Flying V

STAFF SGT. WILLIAM F. SALLETTE
U.S. Army-Pacific Public Affairs

FORT SHAFTER — The U.S. Army-Pacific team bid farewell to Maj. Gen. Richard M. Burr, and welcomed Maj. Gen. Gregory C. Bilton, both from Australia.

Burr was assigned to USARPAC as the deputy commander of operations and was the first foreign general to be assigned to an Army service component command.

As the USARPAC DCG-Operations, he was responsible for the development, synchronization and alignment of more than 106,000 U.S. Army forces within the Asia-Pacific area of operations in

support of the U.S. Pacific Command theater campaign plan.

"I have been very well received and warmly embraced, and I feel like I am part of the broader multinational team," said Burr. "I have really enjoyed representing the United States Army and specifically USARPAC in this role."

Burr's next assignment will be as the deputy of the Army for the Australian Defence Force, but Gen. Vincent K. Brooks, commander, USARPAC, believes that Burr won't stop at deputy of the Australian army, but will continue his career even higher.

"Australia couldn't ask for a better leader, for a better soldier, a better war-

rior, a more caring and thoughtful individual and leader than (Burr), to be in whatever position they have waiting in the future," said Brooks.

Replacing Burr will be Maj. Gen. Gregory C. Bilton, Australian Defence Force. Bilton comes to USARPAC after serving as the commander of the 7th Multi-Role Combat Brigade, Forces Command, Australian army.

"We are truly getting one of the outstanding officers of the Australian army," said Brooks. "I want you to know that you are arriving as a trusted partner from the beginning. Take that trust, get to know the rest of the team ... and use your judgment to make a difference."

Flying V

The V shape formation honoring the Australian generals was represented by USARPAC's subordinate and theater-enabling commands. The commander of troops was Maj. Gen. Todd B. McCaffrey, chief of staff, USARPAC.

"It's a great honor to be joining the USARPAC team and to be welcomed this way, here, in this spectacular setting," said Bilton. "This appointment ... serves as a visible and tangible demonstration of the U.S. Army's commitment to partnering in the Pacific."

5 FIRST STEPS in FAITH

Thanksgiving has become neglected in holiday season

CHAPLAIN (CAPT.) DANIEL COLLINS
19th Military Police Battalion (CID)
6th MP Group (CID),
U.S. Army Criminal Investigation Command

It seems like time flies even faster now than it did when I was growing up. It feels like it was just summer — and maybe the climate, here, has something to do with that — and now it's the end of the year, and we see Christmas decorations in stores.

No doubt, the decorations are beautiful and put us in the spirit of the season.

An unfortunate by-product of this phenomenon is that we seem to forget that there is another holiday of the season: Thanksgiving.

I can remember, when I was young, a growing excitement once we came to Halloween; it would soon be Thanks-

giving and then Christmas. I've always loved Thanksgiving. Earlier in life, of course, it was the first of many great big meals with lots of family members gathered and, of course, being from Southern Virginia, Thanksgiving was also a great morning of hunting — not that I always had good luck hunting, but just being outdoors was a great motivator.

As I grew older and some family members passed away, and there were additions to our family, and the gatherings changed, I realized, as the season came along each year, that regardless of the situation or the activity, we need-



Collins

ed to be thankful. That's why we have the season of Thanksgiving.

I know we've all heard the story of the first Thanksgiving. There is a lot of debate as to whether the story is true; it's hard to know for sure because I haven't met anyone who was there, and to my knowledge, there's no authoritative written record.

Regardless, the gist of the story is the same: The early settlers chose a day to give thanks for the mercy shown to them during the first year in the New World. Then, so many years later, during the Civil War, the holiday that we know as Thanksgiving was made an official holiday.

The Apostle Paul writes in 1 Thessalonians 5:18, "In everything give thanks." In this verse, Paul tells us that it is God's will that we be thankful in all things.

Some may say, "How am I supposed

to be thankful for the heartaches I experience, the trials, the tragedies, in addition to the good things?"

Sometimes we don't always experience the good things in life. We take the good with the bad, but we can still be thankful. Those things that we may not enjoy (the painful times of life, the disappointments, etc.) only serve to mold us to make us better stewards of the great blessings God has in store for us, so we need to be thankful.

The pilgrims who celebrated the first Thanksgiving didn't always have the best of circumstances, but they were still thankful. May we take a cue and be thankful in all things, not only during the "season" of Thanksgiving, but every day, in every thing.

"In everything give thanks."

May you all experience the richest of God's blessing during this season.

Voices of Ohana

Thanksgiving Day is Nov. 27.

"What does Thanksgiving mean to you?"

Photos by 18th Medical Command (Deployment Support)



"It is about an attitude of extracting all the good and bad things in life and turning it into a good fuel of a better tomorrow."

Pfc. Griffin Arya
Administration,
18th MEDCOM (DS)
Theater Patient
Movement Center



"Family, because no matter what has happened, they are the one thing I am most thankful for."

Sgt. Christopher Nieger-Bickham
Driver,
18th MEDCOM (DS)
Command Group



"It's a reminder to not just speak the words of thankfulness, but to live by them and pass on the 'giving' part to others."

Col. Rebekah Sarsfield
Clinical Services
Operations officer
18th MEDCOM (DS)



"It's when we open up our doors for friends and family to enjoy food, fun, relaxation and football."

Capt. Micah Sturgeon
Human Resources
18th MEDCOM (DS)



"To be thankful for the blessings in our lives; to sit and reflect on what's important, be it family or an awesome-to-the-max video game."

Sgt. 1st Class John Walter
Human Resources
18th MEDCOM (DS)

USARPAC sends holiday safety message

GEN. VINCENT K. BROOKS
Commander, U.S. Army-Pacific

FORT SHAFTER — The holiday season is a special time of year marked by celebration with family and friends.

It is also important to be mindful of the increased potential for hazards during this busy time of the year.

Many of you will travel to the mainland or abroad to be with family and friends. As you travel, I ask that each member of the U.S. Army-Pacific team takes precautions and includes safety in your holiday planning and events.

Additionally, be alert to the typical hazards during the holidays, such as weather, vehicle/motorcycle accidents, criminal activi-

ty, alcohol consumption and sexual assault. The protection and safety of our Soldiers, civilians and family members is my greatest concern.

I also want to emphasize the importance of maintaining our vigilance and situational awareness to guard against a multitude of ongoing threats. Terrorism remains an enduring, persistent threat through the Pacific region and our homeland. It comes in many forms and can happen at any time.

The most effective means of protecting your-



Brooks

self and your family is individual vigilance, situational awareness and reporting suspicious or inappropriate activity/behavior.

I challenge all leaders, Soldiers, civilians and family members to take an active approach to protection throughout this holiday season. Be personally and collectively prepared. Look out for one another. You are all valued USARPAC One Team members.

Remember, a vigilant effort of detection and prevention is our greatest weapon in the fight against terrorism, high risk behavior and accidents.

Thank you for your continued contributions to our nation and in support of the USARPAC mission.

Have a safe and wonderful holiday season.



“Take an active approach to protection throughout this holiday season.”
— Gen. Vincent K. Brooks
Commander, U.S. Army-Pacific

Community asked to reach out to families of deployed

MAJ. GEN. CHARLIE FLYNN
Senior Commander, U.S. Army-Hawaii

SCHOFIELD BARRACKS — With Thanksgiving weekend just around the corner, marking the beginning of our traditional holiday season, I wanted to take a moment and share a few thoughts with you.

Since taking command in May, I’ve witnessed teammates, Soldiers and family members from across U.S. Army-Hawaii (USARHAW) doing amazing things for each other and our community, as well as making incredible achievements on our installations and training across the Pacific.

With personnel deployed or committed on operational missions around the globe, the Soldiers of USARHAW are constantly on the move. On any given day, you can find USARHAW Soldiers in a dozen or more countries.

In light of that fact, I ask all of you to take a few moments while we celebrate this Thanksgiving to reflect on family, our teammates, and more broadly, the wider Army family we are a part of. Give thanks to them all, and to one another.

I’ve seen our Army go through significant changes over the past decade, and although the majority of our

Soldiers have returned from Iraq and Afghanistan, we remain engaged there while also providing critical support to missions in Africa and around the world.

The Army is, and will always be, the indispensable force when our nation needs a team that can both accomplish the mission and be trusted. It’s our duty.

That duty also means it’s more important than ever that we continue to reach out and take care

of each other. Regardless of whether our missions, tasks and resources change over the coming years, we have incredibly talented Soldiers and families that make up USARHAW, and our pride is illustrated in everyone, every day!

As we prepare to celebrate with family or friends next week, let’s take a moment to look around our formations or across the street.

- Is there a family with a loved one deployed?
- Is there a Soldier facing his or her first holiday

away from home?

- Is there a family with young children, and is it their first Thanksgiving away from home?

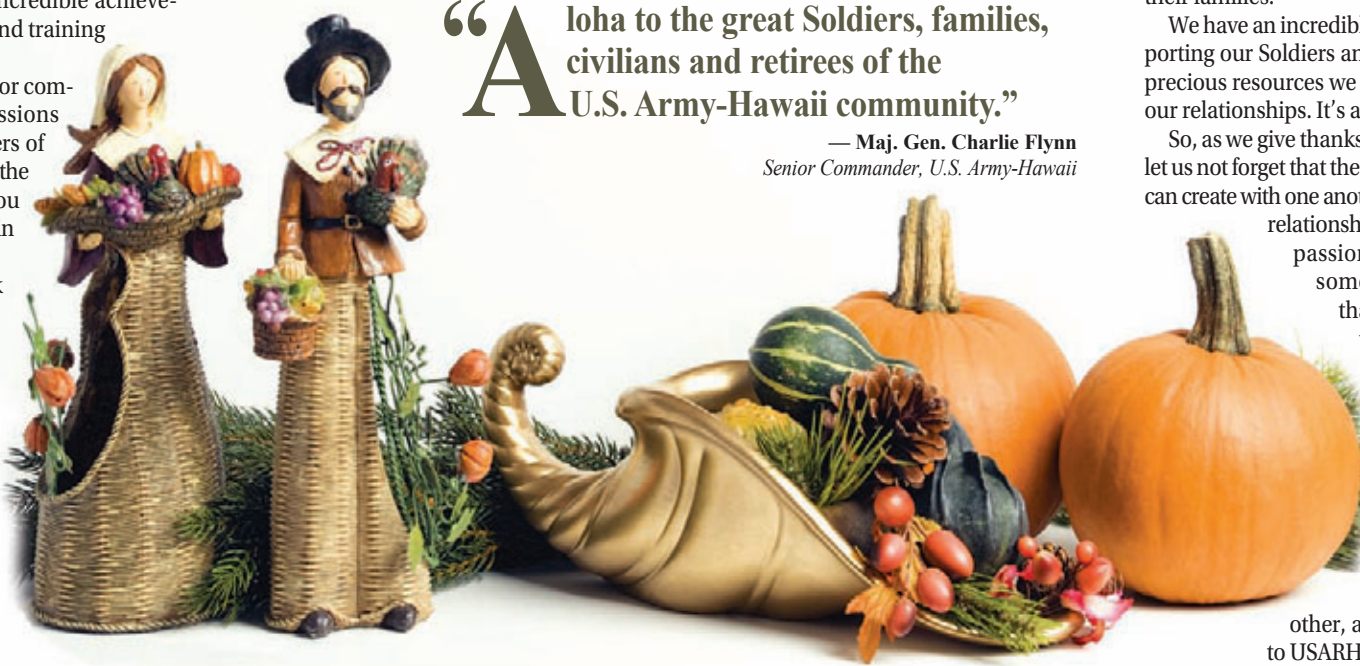
Serving as the senior commander in Hawaii and having the responsibility to help and assist this wonderful community, I am an extremely proud member of our team. This community prides itself on cooperation. It cares for one another, and possesses a unity of effort that enables us to focus on the mission at hand while maintaining quality of life for our Soldiers and their families.

We have an incredible array of resources supporting our Soldiers and families; yet, the most precious resources we have are each other and our relationships. It’s about our people!

So, as we give thanks this year for all we have, let us not forget that the most important thing we can create with one another is strong and genuine relationships. The caring and compassion of Army families is something that we can be thankful for every day and what we should remember on Thanksgiving.

Mahalo for what you do serving our great nation and our extraordinary community.

Have a wonderful weekend, be safe and look out for one another, and Happy Thanksgiving to USARHAW!



“Aloha to the great Soldiers, families, civilians and retirees of the U.S. Army-Hawaii community.”
— Maj. Gen. Charlie Flynn
Senior Commander, U.S. Army-Hawaii

DFACs open to patrons Wed. & T’Day

U.S. ARMY GARRISON-HAWAII Public Affairs	Thursday, Nov. 27 •25th Combat Aviation Brigade, Bldg. 102, Wings of Lightning. •8th TSC, Bldg. 780, K Quad.	Mashed Potatoes Baked Sweet Potato with Cinnamon Sugar Savory Bread Dressing Superb Brussels Sprouts Steamed Mixed Vegetables Butternut Squash Salad Bar with Assorted Salad Dressings Cranberry Sauce, Fruit Salad, and Condiments Assorted Seasonal Fresh Fruits Croissants, Butterflake Rolls Assorted Whole Grain Breads with Butter Pats Dessert Bar with Pumpkin, Dutch Apple & Pecan Pies Whipped Topping Frosted Brownies Cheesecake Cake with Blueberry/Cherry Toppings 1 percent Milk, Coffee, Iced Tea, Hot Tea, Fruit Punch <i>(Note: The Thanksgiving meal varies slightly in the DFACs.)</i>
Wednesday, Nov. 26 •2nd Stryker Brigade Combat Team, Bldg. 2085, Warrior Inn. •3rd Brigade Combat Team, Bldg. 357, C Quad.	Thanksgiving Meal Fees •Meal cardholders have no charge. •Spouses and dependents of E-4 and below are \$6.55. •Family members of E-5 and above; active duty officers and enlisted members (BAS); authorized civilians and military retirees; and guests of accompanied authorized diners pay \$7.70.	Thanksgiving Menu Cranberry-Apple Juice Spiced Shrimp Cocktail Vegetable Soup Crackers & Assorted Cheeses Roast Turkey with Giblet Gravy Seasoned Roast Beef with Au Jus Gravy Baked Ham with Raisin Sauce

SMA: Dailey set to replace Chandler

CONTINUED FROM A-1

families.

The Sergeant Major of the Army recommends quality of life improvements to Army leadership and sits on councils that make decisions affecting enlisted Soldiers and their families. The Sergeant Major of the Army also routinely testifies before Congress on these issues.

Dailey will be the public face of the Army’s NCO Corps, representing the Corps to the American people in the media and through business and community engagements.

“I’m confident Command Sgt. Maj. Dailey will provide good counsel to the Secretary and Chief, as he has a track record of being a steadfast advocate for Soldiers and families. Throughout my tenure, I have counted on his support and advice, especially in the areas of leader development and the Army profession,” said Chandler.

Chandler will remain in the post until Jan. 30, 2015, after which time Dailey will be sworn in to the position during a ceremony at the Pentagon.

(Note: Content from Army Public Affairs.)

599th Trans. develops leaders from earth to sky

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade
Public Affairs

The 599th Transportation Brigade held leadership and professional development training with the 735th Air Mobility Squadron, which runs Hickam Air Force Base’s Air Mobility Command passenger and cargo terminals, Nov. 7.

Because the 599th Trans. Bde. works mostly with the Army and Navy for surface transportation missions, it does not often get a chance to see air transportation operations.

Sgt. 1st Class Eric Pettengill, 599th Trans. Bde. sexual assault response coordinator, is also a transporter as his primary military occupation specialty. He worked at Hickam AFB before coming to the 599th in June.

“When I worked on Hickam, I had to coordinate the Air Force part of training missions,” Pettengill said. “I worked for the 15th Air Wing at Hickam, so I knew members of the 735th Air Mobility Squadron from dealing with them for the 25th Infantry Division for emergency deployment readiness exercises



Photo by 599th Transportation Brigade

Members of the 599th Transportation Brigade observe a "K Loader" in action during a tour of the 735th Air Mobility Squadron cargo terminal at Hickam Air Force Base, Nov. 7.

and contingency response force missions.

“I thought this would be good refresher training since the Army and Air Force transporters work together in other capacities,” he said. “Although

we don’t do that here at SDDC, when we go to different units, we will be dealing with Air Force and air transport more. We will do movement control missions, such as arrival departure air control group missions in other

transporter positions.”

Attendance at the leadership and professional development training was also open to 599th civilian personnel.

“It was great to see the upgrades in how pallet loads are assembled and

how more pallets are handled on and off of the planes with their cargo ‘K Loaders,’” said David Bertao, traffic management specialist.

“On the passenger side, I also noticed that their space available passenger moves are up again. They were at a minimum before because of post 9-11 support. I also liked how they are upgrading the terminal and seem more in tune with passengers now,” he added.

“It was a good refresher in that they went over all of the general knowledge for the passenger terminal and cargo handling,” said Sgt. Derick Pierce, 599th command operations center, “but I’m a frequent flyer with Space-A, so I was already pretty current on terminal ops. When I got to Hawaii, I was just a private, so I made a lot of Space-A trips to see family.”

“It’s good to learn procedures and share ideas with our sister-service units,” said Capt. Paul Conrad, Headquarters and Headquarters detachment commander. “We can take feedback from them to incorporate into our own processes, and figure out the best solutions to problems with teamwork.”



Soldiers from the Sgt. Audie Murphy Association dress in period-piece uniforms to volunteer at the U.S. Vets 10th Annual Patriotic Glow Run, Nov. 15, in Kapolei.

SAMA partners with community

Story and photo by
STAFF SGT. SEAN EVERETTE
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Sgt. Audie Murphy was a war hero and movie star.

He was the most decorated Soldier in American history when he left the Army in 1945, and he stands as a shining example of what every Soldier should strive to be.

The members of the Sgt. Audie Murphy Association (SAMA) try to embody what Murphy stood for in everything they do, in and out of uniform.

“Anywhere we can get out there and demonstrate our care for Soldiers, families and the community, we get out there and put forth an effort,” said Staff Sgt. Joshua Hohenstein, the 25th Infantry Division SAMA president.

Hohenstein recently took office and is looking forward to building on what his predecessors created.

“Every president, when they come in, takes ownership and has their ideas and vision,” he said. “The former president, his was ROTC, and he has created a great program for (our partner high schools) and for us. My thing is the U.S. Veterans Initiative for homeless vets and the Vet House in Honolulu.”

The 25th ID SAMA has an honor society scholarship for ROTC students and assists with getting Congressional recommendation letters for students wanting to go to one of the U.S. military academies. In addition, it helps U.S. vets work to get Oahu’s homeless veterans a place to live.

“Just taking one vet off of the street and getting

them into the Vet House, just getting one kid off to West Point, something that wouldn’t have happened if we weren’t here, that’s really what makes it worth it for us,” Hohenstein said.

Membership in the prestigious club is not as easy as just volunteering, however.

“Membership in the club is not open to everyone,” Hohenstein said. “It has to be earned.”

The club only accepts noncommissioned officers between the ranks of corporal and sergeant first class who must be recommended by their unit’s command sergeant major. The 25th ID SAMA has a three-month process that includes a research paper, biography and fitness tests and boards at the battalion, brigade and division levels. If a Soldier can make it through, he will have earned the SAMA medalion and membership into the club.

However, just because a Soldier may not be an NCO, yet, doesn’t mean he can’t start helping out.

“The first place you should start talking is your first line leader,” said Hohenstein. “Let them know you are interested and let it start going up the chain. If you already know an Audie Murphy awardee in your battalion, they are the best place to get more information. They’re all available and ready to get a person set on the right path.”

More on Murphy

For background, history and how to join, visit www.25idl.army.mil/SAMC.html.



AFAP: Conference voices concerns

CONTINUED FROM A-1

can’t reward you, but we can thank you,” Brig. Gen. Sean Jenkins, deputy commander-Support, 25th Infantry Division, told delegates at the out-briefing. “And what you did here will make a difference. Life is not easy in the 25th Infantry. We are one of the busiest installations, but that doesn’t mean we can’t make things better.

“The Army slogan is, ‘The strength of our Soldiers is our family,’ so I can’t thank you enough for what you’ve done here,” Jenkins added. “We’re going to make this a better place to live, a better place to train. We’re going to take care of our Army family.”

AFAP began in 1983 as a grassroots effort by a group of Army spouses who wanted to improve the quality of life of their families. It has since grown to become the driving force behind hundreds of legislative, regulatory and policy changes within individual Army installations and on the national level.

“It’s an opportunity for Soldiers and family members to have a voice by submitting issues

Top 3 AFAP Issues

- 1- Extend the Army’s Employment Readiness Program to include teens, not just spouses.
- 2- Improve child care options for single and dual military families.
- 3- Increase pedestrian safety at crosswalks on USAG-HI installations.

throughout the year,” said Elisabeth Olsen, Army Family Services family support officer. “Then, once a year at the AFAP conference, they have the opportunity to have their command address the issues.”

She said that, in addition to the opportunity, the delegates were given a tremendous responsibility to represent their Army community in Hawaii.

“I take the responsibility seriously because we are military families,” said delegate Chantay Burleson. “If we don’t try to improve things for ourselves, who will? We are military families, so we best understand the issues that impact us.”

DeCA: Major renovations due in 2015

CONTINUED FROM A-1

The new design accommodates the installation of four more self-checkouts, and there’s room at the front for a new customer kiosk, an initiative to help provide shopping information to new arrivals on the installation.

Other key features of the renovation include these:

- Installation of a new heat and air ventilation system.
 - New flooring and ceiling tiles.
 - Installation of new refrigeration display cases in the produce section.
 - Refreshing the overall look of the deli area, as well as the store offices and preparation areas of the produce and fresh meat departments.
 - A new family rest room included in the rest room changes.
- “Replacing the floors, lighting, fixtures and signage will give the store a new, attractive look,” McMinn said, “and replacing the produce refrigeration display will allow us to bet-

ter serve our customers.”

The project is expected to take 14 months to complete and is being funded with Commissary surcharge funds, the 5 percent customers pay at checkout.

“Many customers ask where their 5 percent surcharge dollars are going. This project will answer that question,” McMinn said. “All the upgrades are being paid with surcharge dollars.”

RELATED STORY

- Read about DeCA Holiday Hours on B-4.

Commissary Holiday Hours

During the upcoming holiday season, the Schofield Commissary will close on Thanksgiving Day, Christmas and New Year’s Day.

The Commissary will close at 5 p.m. on Christmas Eve.

Holiday training like ‘.08 for 808 State’ come in handy

U.S. ARMY-HAWAII
Public Affairs

During this holiday season, no one should be a bystander, but instead all should “Take A Stand!” particularly against substance abuse. Do not let excessive drinking lead you into making unsafe behaviors. Make wise decisions, like a Soldier in the story below.

Redeployment celebration
One particular unit recently returned from deployment without a Soldier. The fallen Soldier’s four closest friends decided they would celebrate life in his honor. The four went to a bar in Waikiki. There, they ordered a round of shots. While waiting on their drinks, the Soldiers started talking about the briefings they had, had that day, and one of them said the only thing he remembered was “.08 from the 808 State” brief. It dawned on him that the group didn’t have a designated driver. The Soldier was not the owner of the car, but he said he would drive and the others could drink with no worries. The other three Soldiers took him up on his pledge and proceeded to cele-



brate. They closed the bar down and left to return to the barracks. While on the H-2 freeway, the police pulled them over. When the sober Soldier rolled down the driver’s side window, the police officer could smell alcohol and asked for his driver’s license, registration, safety inspection and proof of insurance. He complied and the police officer asked him if he had been drinking. Of course, his reply was no, but the police officer asked him to step out of the car anyway.

The officer administered a field sobriety test, which the Soldier passed. Then the police officer asked the Soldier to take a breathalyzer test, and he did. It came back with a “0” reading, meaning there was no alcohol in his system. The officer asked why he could smell so much alcohol coming out of the car, so the Soldier told him what had happened. The police officer laughed. He had heard of the .08 for the 808 State briefing because it had been pitched to coincide with their campaign of “Over the Limit, Under Arrest.” The officer allowed the Soldiers to continue their journey home. The police officer had initially pulled the car over for a broken tail light. At the end of this situation, he did not write a citation; he only gave a

All the jingles, all the campaigns — like “.08 for the 808 State,” “Arrive Alive, Be a Jerk,” “Over the Limit under Arrest” — are all designed to remind you of your training.

warning. The moral of this story is, all the jingles, all the campaigns — like “.08 for the 808 State,” “Arrive Alive, Be a Jerk,” “Over the Limit under Arrest” — are all designed to remind you of your training. Be safe, take precautions and don’t become a statistic. Use your head and make wise choices when you are out drinking. *(Note: Johnny Miller, prevention coordinator, Army Substance Abuse Prevention, Directorate of Human Resouces, contributed to this article.)*

IMCOM plans for 2025 and beyond

JADE FULCE
U.S. Army Installation Management
Command Public Affairs

SAN ANTONIO — The U.S. Army Installation Management Command has released “IMCOM 2025 and Beyond,” a new campaign plan operationalizing the commanding general’s vision for the organization. This plan provides a roadmap for IMCOM’s future and serves as a change management document that focuses the command’s collective efforts, prioritizes resources and continues the exchange of information, said Lt. Gen. David Halverson, IMCOM commander, in his preface. What we do must be nested within the U.S. Army senior leaders’ priorities, Halverson said. IMCOM is transforming to support and enable Army Force 2025 and Beyond with services to support and enhance the readiness of a smaller, regionally aligned and globally responsive force. IMCOM 2025 and Beyond contains three lines of effort designed to set the conditions for success as the command transforms to support the force of the future: professional installation management workforce, effective base operations support services and infrastructure sustainment and revitalization. Though this plan begins in fiscal year 2015 and covers a seven-year period, the strategy looks past 2025. The plan applies to all IMCOM components: headquarters, regions, Army Environmental Command and garrisons. The document directs garrison commanders to incorporate this strategic framework into their overall installation plan.



Image courtesy of U.S. Army Installation Management Command

The U.S. Army Installation Management Command released "IMCOM 2025 and Beyond," a new campaign plan operationalizing the commanding general's vision for the organization.

IMCOM 2025 and Beyond Plan
To learn more, visit imcom.army.mil/about/campaignplan.aspx.





Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Adopt a Soldier — Invite a warrior to share your Thanksgiving meal. Call 655-9105.

Roth TSP — If you’re an active duty member of the Army, Air Force, or Navy making dollar-amount Roth contributions to your TSP account, these deductions will stop on Jan. 31, 2015, unless you act.

An upcoming change in myPay will require you to designate your Roth contributions as a percentage of your pay, not a dollar amount. If you don’t comply with this change, then the Defense Finance and Accounting Service (DFAS) will not be able to process your Roth contributions.

This change affects your Roth contributions only; your traditional contributions are already designated as a percentage of pay.

The new requirement will take effect Jan. 1, 2015. You will have 30 days to change your Roth election from a dollar amount to a percentage of your pay. If your new Roth election is not received by Jan. 31, 2015, then DFAS will not be able to process your Roth contributions until you update them.

Read more at www.HawaiiArmyWeekly.com.



TSP & Taxes — The Thrift Savings Plan has announced that the IRS annual contribution limit has been increased for 2015. The Army Benefits Center-Civilian (ABC-C)

posts annual TSP charts to assist you in electing the correct dollar amount to reach the IRS maximum based on the date you make your election.

Alternately, contact an ABC-C counselor who can assist you in calculating the correct amount of TSP deductions. Visit www.abc.army.mil/ or call (877) 276-9287.

Flexible — The Federal Flexible Spending Account Program will implement three significant changes for the 2015 plan year:

1- Health care and limited expense FSAs will no longer have a grace period; instead, qualifying participants will be able to carry over up to \$500 of unused funds to the next plan year. Dependent care FSAs will still have a grace period and will not have carryover to the next plan year.

2- The minimum annual election for all three types of FSAs will be reduced from \$250 to \$100.

3- The new maximum contribution to health care and limited expense health care FSAs will increase by \$50 to \$2,550 due to inflation, as authorized by the IRS. Visit www.opm.gov/fsa.

VA Choice Card — Monday, Veterans Affairs began mailing Veterans Choice Cards to veterans currently waiting more than 30 days from their preferred date or the date that is medically determined by their physician for an appointment at a VA facility. Visit www.va.gov/opa/pressrel/pressrelease.cfm?id=2660.

It’s a Gas — Yesterday was the Great American Smokeout. Celebrate more birthdays by quitting smoking. According to American Cancer Society statistics, 890 new cases of lung cancer are predicted to be diagnosed in 2014 in Hawaii. Additionally, lung cancer, the leading cause of cancer deaths in both men and women, will result in 580 deaths this year in the state.

For anyone who wants to “kick the habit” this year, call (800) 227-2345, 24 hours a day, seven days a week, or visit www.cancer.org.

28 / Friday

Holiday Schedule — The following will be closed the day after Thanksgiving:

- Records Holding Area/Forms

Facility, East Range, Bldg. 6042.

- Postal Section (Soldier’s Personal Mail).

- Official Mail and Distribution Centers.

Closure signs were posted at each location.

December

3 / Wednesday

Town Hall — Installation Management Command-Pacific region director Debra Zedalis will meet with employees, 3-4 p.m., at Schofield’s Nehelani. This town hall is limited to IMCOM employees to get direct answers.

8 / Monday

Benefits Season —The federal medical benefits open season closes today. What are you waiting for?

Information related to benefits options, such as health, dental or vision insurance coverage for employees and family members, may be found at www.opm.gov/health-care-insurance/open-season.

15 / Monday

Change of Responsibility — 18th Medical Command (Deployment Support) will hold a change of responsibility ceremony at 10 a.m. Command Sgt. Maj. Alexis A. King will relinquish responsibility to Command Sgt. Maj. Thomas Wrighton Jr. Call 438-5938.

Ongoing

Volunteers Wanted — The Tropic Lightning Museum, Schofield Barracks, is looking for volunteers who are available one or two days, Tuesday-Friday, and able to commit three to six hours a week on a reoccurring basis.

Volunteer projects vary and may include researching, scanning, data input and visitor services. Space is limited.

Call the museum curator at 655-0438 for more information about volunteering at the museum.

Mammograms — The U.S. Army Health Clinic-Schofield Barracks is now offering walk-in mammograms at its Radiology Clinic, Bldg. 685, first floor, 1-3 p.m., weekdays. Call 433-8355.



Today

22 / Saturday

Ka’ena Point — The state Department of Land and Natural Resources is holding public information and permitting meetings for people who want to acquire a permit.

•9 a.m.-noon, Waialua Elementary School Cafeteria, 67-020 Waialua Beach Road, Waialua.

•5:30-9 p.m., Mililani High School Cafeteria, 95-1200 Meheula Pkwy., Mililani.

See the related article on p. B-3 of this “Hawaii Army Weekly.”

Modified Traffic Flow — Both outbound lanes on Schofield’s Trimble Road (PT side) will be closed, 6:30-8 p.m., to support the Turkey Trot 5K. Trimble outbound lanes will be closed from Cadet Sheridan to Mellichamp Street. Call 656-5369.

24 / Monday

Kunia Gate — Repair work will begin in the outbound lane of Wheeler’s Kunia Gate. Kawamura Gate (Wheeler’s other gate), will open for 24-hour operations until Nov. 30. Enter post via Kunia and Kawamura gates; exit via Kawamura.



Additionally, the gate adjacent to Wheeler Elementary School (HECO Gate) will be open during normal

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

workdays, 6 a.m.-6 p.m., for outbound traffic only. HECO will be closed for the four-day Thanksgiving weekend.

Foot traffic will be authorized through Kunia Gate during this repair phase. Please be patient as delays are expected for all outbound traffic during this time frame.

28 / Friday

TAMC — Traffic flow delays for construction are expected at Tripler Army Medical Center’s main access control point at the front gate, 9 a.m.-4 p.m.

December

1 / Monday

Stream Road — There will be a full road closure of Shafter’s Stream Road, in both directions, from the intersection of Stream and Loop roads to the intersection of Stream Road and Kahauiki Stream Bridge.

The primary detour for the Stream Road Closure will be Mokumoa Street. The Stream Road closure will be 24 hours a day till Dec. 13.

2 / Tuesday

AMR Closures — Aliamanu Military Reservation will have several traffic modifications, at Skyview Loop and Aliamanu Drive for underground utilities work. All work will be done 8 a.m.-4:30 p.m.

•Aliamanu Drive between Ama and Okamura Street will have one-lane traffic control between Ama and Okamura until Dec.1.

•Aliamanu Drive will be completely closed between Okamura and Rim Loop, Dec. 2-Feb. 2, 2015.

Ongoing

Road Closed — There will be full road closures at Fort Shafter Flats’ Loop and Annex roads for utility and flood mitigation structures installation until Feb. 28, 2015.



Exhibiting Patriotism

Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

Visitors at the U.S. Army Museum of Hawaii at Fort DeRussy view "America's Secret Weapon," an exhibit about Japanese Americans who served in the Military Intelligence Service during World War II. About half of the Soldiers in the MIS were from Hawaii.

New exhibit tells of Nisei valor in fight against Japan

U.S. ARMY MUSEUM OF HAWAII
News Release

FORT DERUSSY — The U.S. Army Museum of Hawaii, here, in Waikiki, has opened "America's Secret Weapon," a colorful new exhibit that tells the little-known story of the 6,000 Japanese Americans who served in the Military Intelligence Service (MIS) in World War II.

These Nisei – second-generation Americans – used their knowledge of the enemy's language and culture to save countless lives and shorten the war against Japan.

About half of them were from Hawaii.

The exhibit features Hawaii-born MIS heroes like Hoichi Kubo, who earned the Distinguished Service Cross while serving with the 27th Infantry Division on Saipan, and Dick Hamada, who saved a battalion of Allied troops while serving in Burma with Detachment 101 of the Office of Strategic Services (OSS), forerunner of the Central Intelligence Agency.



Photo courtesy of U.S. Army Garrison-Hawaii

The Army Museum of Hawaii, located in Fort DeRussy's Battery Randolph, in the heart of Waikiki, is a 19th century U.S. Army coastal defense gun battery that once served as a first line of defense against enemy attack on Oahu's southern shore.

that these boys did everything that an infantryman normally does, plus the extra work of translating, interrogating, etc.," said Merrill. "Also, they were in a most unenviable position as to identity, as almost everyone from the Japanese to the Chinese shot first and identified later."

After the fighting, MIS Nisei translated at the surrender of Japanese forces throughout Asia and the Pacific and during the war crimes trials that followed. Thousands of them served in the occupation of Japan and were instrumental in building a modern democracy and staunch U.S. ally out of the ashes of a defeated Japan.

Many who had come home to the islands joined other veterans in making the case for Hawaii statehood. They included George Ariyoshi, who became the nation's first Asian American governor, and Maj. Gen. Arthur Ishimoto, Hawaii adjutant general, who achieved the highest rank of any World War II



White House photo

WASHINGTON, D.C. — Nov. 11, 2011, President Barack Obama has a Veterans Day breakfast to congratulate Nisei veterans after receiving the Congressional Gold Medal. From left, the veterans are Minoru Nagaoka, 442nd Regimental Combat Team; Victor Matsui, MIS; Kelly Kuwayama and Terri Shima, 442nd.

Produced on behalf of the MIS Veterans Club of Hawaii, by Mark Matsunaga, Gregg Hirata and Harlan Yuhara, the exhibit includes 80 photographs and dozens of artifacts from veterans, as well as the Army Museum's collection.

"It's a beautiful exhibit, and we plan to show it for at least two years," said Judith Bowman, director of the museum.

"We are grateful for the opportunity to tell this very American story,"

said Matsunaga. "While the 100th Inf. Battalion and 442nd Regimental Combat Team were answering doubts about their loyalties in Europe, there were some skeptics who wondered whether Japanese Americans would fight 'their own kind.'"

Little did they know that, even before Pearl Harbor, there were Nisei who were doing just that," Matsunaga said.

With one exception, the Navy and Marines refused to enlist Japanese Americans, but by the end of the war, all of the services, as well as Allied commanders, were clamoring for the MIS specialists.

Nisei support throughout the Pacific Campaign

From the Aleutians and Guadalcanal to Burma, China, the Philippines and Okinawa, Nisei soldiers of the MIS served in every major campaign in the war against Imperial Japan. They interrogated prisoners, translated documents, intercepted radio traffic, infiltrated enemy positions, flushed caves and served as combat infantrymen.

"Never in military history did an army know so much about the enemy prior to actual engagement."

— Douglas MacArthur
General of the Army

Some were assigned bodyguards, to prevent them being mistaken and shot by fellow GIs.

"Never in military history did an army know so much about the enemy prior to actual engagement," said General of the Army Douglas MacArthur of the MIS Nisei.

Brig. Gen. Frank Merrill, whose "Merrill's Marauders" – the 5307th Composite Group, Provisional, included an MIS team, added more praise.

"As for the value of the Nisei group, I couldn't have gotten along without them. Probably few realized

Nisei veteran.

Nonetheless, the MIS accomplishments went largely undocumented and unreported.

During the war, they often served in small detachments on temporary assignment to combat units, and they were sworn to secrecy until long after the war.

It wasn't until the year 2000 when the Army awarded them a Presidential Unit Citation.

U.S. Army Museum of Hawaii

The U.S. Army Museum of Hawaii is located in historic Battery Randolph, a former Coastal Artillery beachside fortification on the Diamond Head end of Fort DeRussy.

The museum is open to the public from 9 a.m. to 5 p.m., Tuesdays through Saturdays, including Veterans Day, July 4th and Memorial Day. Admission is free.

Parking is available in the lot across Kalia Road.



Courtesy National Archives

Left, France in 1944, from the former Smithsonian traveling exhibition "American Heroes: Japanese American World War II Nisei Soldiers and the Congressional Gold Medal." The 442nd received a citation for its battlefield gallantry.



Smithsonian photo

The Congressional Gold Medal was presented collectively to the Army's 100th Infantry Battalion, the 442nd "Go For Broke" Regimental Combat Team, and the Military Intelligence Service, also known as the Nisei Soldiers of World War II.

"Go For Broke!"



Briefs

Today

SB Right Arm Night — Bring your “right arm” and share drink specials and a pupu buffet at the Nehe-lani. Event starts at 5 p.m. Spouses and DOD civilians are welcome. Call 655-4466.

22 / Saturday

HMR Thanksgiving 5K Fun Run — Helemano run begins at 7 a.m. Register Friday, Nov. 21, at HMR PFC or provide cash on the morning prior to the event. Awards will be provided to overall male and female 1st place and to 12 under, 13-18, 19-29, 30-39, 40-49, 50+.

Open to DOD civilians and family members. Contact the nearest Army PFC or HMR PFC for more details. Call 653-0719.

Turkey Kayak — Join Outdoor Recreation and celebrate Thanksgiving, 8:30 a.m.-12:30 p.m., with a kayak class, held either at Pokai Bay or Haleiwa. All equipment and transportation provided. Open to patrons ages 10 and over; cost is \$59 per person.

Wear a Thanksgiving-themed costume and get 50 percent off the fee. Call 655-0143.

23 / Sunday

NFL Sunday Ticket — Don’t let living off the West Coast interfere with those East Coast football games. Come to SB Tropics Recreation Center on Sundays and catch all the games. Facility opens half hour before the first game starts.

Tropics will also be open for Thursday Night Football and Monday Night Football. Patrons 18 and older welcome. Call 655-5698.

NFL Sunday Ticket Family Brunch — Bring the family out and watch all of your favorite teams play at SB Kolekole Bar & Grill every Sunday through Super Bowl Sunday to watch the games.

Doors open half hour before kickoff of first game. Fun games and prizes all morning long. Brunch will be served for \$16.95/adult and \$7.95/children. Call 655-4466.

24 / Monday

Thanksgiving Sale — FS Nagorski’s Pro Shop Thanksgiving Day sale begins the 24th and ends

ARBOR DAY



Photos by Ann Choo Wharton, Island Palm Communities

SCHOFIELD BARRACKS — Members of the Girl Scouts’ Daisy 613, Brownie 39, and Junior 344 troops join representatives from Island Palm Communities and U.S. Army Garrison-Hawaii to plant a puakenikeni tree in the Porter Community, here, in celebration of Arbor Day, Nov. 7. Trees also were planted at Helemano Military Reservation, Wheeler Army Airfield, Aliamanu Military Reservation and Fort Shafter.

The annual activity upholds each installation’s designation as a Tree City USA, a program of the Arbor Day Foundation that demonstrates a community’s commitment to caring for, and managing, its public trees. More than 3,400 Tree City USA communities serve as home to more than 135 million Americans.

Nov. 29th. All items \$20 or more will receive a discount of 20 percent and 10 percent off all sale and regular priced items.

Stop by to stock up on your golf equipment or snag a deal for the golf enthusiast in your life. Sale does not apply to special orders. Call 438-9484.

26 / Wednesday

Thanksgiving Bingo — Come and enjoy Thanksgiving Bingo, 6-8 p.m., at SB Tropics Recreation Center. Call 655-5698 or 655-5697.

27 / Thursday

Thanksgiving Brunch — Enjoy Thanksgiving Brunch at FS Hale Ikena, from 11a.m.-2 p.m. Cost is \$35 per person (ages 11 and up), \$22.50 for children ages 6-10, and \$17.50 for children ages 3-5.

Active duty prices are \$28, E1-E6; \$31.50, E6 -O10; and includes tip.

For reservations, call Hale Ikena at

438-1974. Visit www.himwr.com/dining/item/1465-thanksgiving-brunch to view the brunch menu.

28 / Friday

Hawaiian Luau Lunch Buffet — Enjoy delicious local style food every last Friday of the month at SB Kolekole Bar & Grill and FS Mulligan’s Bar & Grill. Call 655-4466 or 438-1974 for reservations.

USARPAC Pay Day Scramble — Celebrate payday the golf way. Play in the scramble every last Friday of the month. Registration for the 18-hole tournament is \$5 per player, paid to the Scramble POC at the course. Call 438-9587.

Leilehua Concert Series — Relax and enjoy Hawaiian music, beginning at 6 p.m., by Lei Ka’Apana at The Grill of Leilehua Golf Course. Free concert is open to the public. Food

and drinks will be available for purchase. Call 655-1711.

Ongoing

Pau Hana Social Hour — After work, come and enjoy a fun time with friends at SB Kolekole Bar & Grill. Enjoy discounted appetizers and domestic draft beer. Days are Mondays, Tuesdays and Wednesdays, 4:30-6:30 p.m., and Thursdays and Fridays, 4-6 p.m. Call 655-4466.

Workweek Lunch — Enjoy lunch from 11 a.m.-1 p.m for only \$10.95, per person, at SB’s Kolekole Bar & Grill and FS’s Mulligan’s Bar & Grill. Order off the menu or help yourself to the delectable, multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).

See MWR Briefs B-4

community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Hawaii State Championship Prep Football — Aloha Stadium hosts the championship doubleheader that begins at 4:30 p.m., with Maui’s Lahainaluna High School playing Iolani School for the Division II title. Punahou and Mililani follow and will bump-heads for the Division I title, in a rematch of the last year’s title clash. Tickets are on sale at the Aloha Stadium box office.

22 / Saturday

Ukulele Exhibition — Free admission to displays, performances and seminars on ukulele building and playing, 9 a.m.-4 p.m., Waikiki Outrigger Beach Resort. Call 778-8481 or visit www.ukuleleguild.org.

University of Hawaii Football — The Rainbow Warriors end their 2014 home season with a 6 p.m. kickoff at Aloha Stadium against the University of Nevada-Las Vegas. The

game will honor senior players. Tickets are available at the box office. Also visit hawaiiathletics.com for ticket and parking information.

Kuhio Beach Hula Show — Opens with the traditional blowing of the conch shell at 6 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, beachside at Uluniu and Kalakaua Avenue in Waikiki.

Enjoy the free show with seating on the grass; beach chairs, mats, okay. Cameras are welcome.

24 / Monday

Volunteers Sought — The Navy and National Park Service are looking for active duty military personnel from all services to volunteer in various events, Nov. 24-Dec. 7, commemorating the 73rd anniversary of the attack on Pearl Harbor.

Volunteering provides an opportunity for active duty members to personally contribute to Pearl Harbor Day commemorations, preserving the memory and honoring those who made the ultimate sacrifice 73 years ago.

To volunteer, contact Lt. Cmdr. Alex Torres or Ensign Jewel Fautanu at 471-3521.

27 / Thursday

Adopt a Soldier — Host a single

Soldier for Thanksgiving Dinner, Nov. 27. Scheduling coordinated through the Army Suicide Awareness and Prevention Program. Call 655-9105.

29 / Saturday

Snow Day — Grab your mittens and enjoy the first snow of the holiday season, 10 a.m.-12 noon, Kapolei Commons, 4450 Kapolei Pkwy., Kapolei. Free event features 20 tons of snow in the parking area across from Down to Earth. Keiki-friendly event features activities, craft booths and displays.

December

2 / Tuesday

SB Tree Lighting and Holiday Concert — Usher in the holiday season with this family event, beginning at 5 p.m., at Generals Loop. Activities include a holiday concert featuring Army Music Hawaii, appearances by costumed characters, pictures with Santa and light refreshments.

4 / Thursday Vet Ready Career Fair — Argosy University will host this downtown Honolulu event, 11 a.m.-2 p.m., at 1001 Bishop St., Suite 400. Jobs ranging from engineering and IT to retail and health care will be available. Visit

www.vetready.org or call 1-800-235-2732, ext. 800, for details or to register.

FS Tree Lighting and Holiday Concert — Fort Shafter’s historic Palm Circle will be the gathering site, at 5 p.m., for this annual event that features holiday concert music, photo opportunities with Santa Claus, light refreshments and the lighting of the Fort Shafter holiday tree, a must for every keiki.

12 / Friday

Operation Homefront — Deadline is Dec. 12 to nominate an outstanding child for the 2015 Military Child of the Year Award. Operation Homefront will present an award to a military child from each branch (Army, Navy, Marines, Air Force and Coast Guard) and honor the winners at an annual gala in Washington, D.C.

Nominees must be between 8 and 18 years old, and able to travel to Washington, D.C., for the gala. Visit operationhomefront.net and militarychildoftheyear.org.

14 / Sunday Honolulu Marathon — Annually one of the world’s largest races begins at 5 a.m. at Ala Moana Beach Park. Runners typically come to Honolulu from all over the

See Community Calendar B-4

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at Wheeler Annex

Protestant Worship

•Sunday Services
- 9 a.m. at MPC
- 9 a.m., at FD, TAMC chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 11:30 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 10 a.m. at WAAF

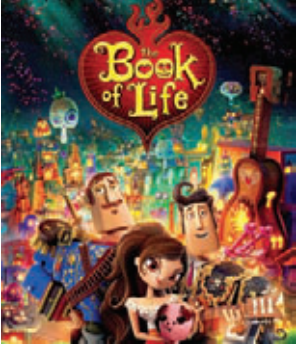
This Week at the MOVIES

Sgt. Smith Theater
Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.



Dracula Untold

(PG-13)
Fri., Nov. 21, 7 p.m.



The Book of Life

(PG)
Sat., Nov. 22, 2 p.m.

Gone Girl

(R)
Sat., Nov. 22, 6 p.m.
Sun., Nov. 23, 2 p.m.

Closed Thursday Nov. 27 (Thanksgiving)



No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield



Photos by U.S. Army Garrison-Hawaii Public Affairs

Located on the northwest tip of Oahu, Ka‘ena Point State Park is a popular location for recreational enthusiasts islandwide. Beginning Dec. 1, anyone wanting to drive a vehicle into the Mokulē‘ia section (beyond the paved parking lot) of Ka‘ena Point State Park Reserve will need to obtain a free permit.

Resource damage leads to changes at Ka‘ena Point

Misuse of POV off-roading prompts new permit system

DEPARTMENT OF LAND AND NATURAL REPOVSOURCES
State of Hawaii

HONOLULU — Following close collaboration with a community advisory group and a voluntary compliance trial, the Department of Land and Natural Resources (DLNR) is implementing a vehicle access permit system for the heavily used roads at Ka‘ena Point State Park Reserve, Mokulē‘ia section.

In 2011, the Board of Land and Natural Resources (BLNR) approved an action plan that allowed DLNR and its divisions to implement a permit system at Ka‘ena Point.

DLNR Chairperson William Aila elected to try voluntary compliance on the part of users prior to gating access.

“DLNR installed signs designating the upper road and delineating shoreline access roads in the state park. DLNR also conducted numerous outreach activities to inform users of the designations,” said Aila. “Unfortunately, off-road vehicle use has continued and are negatively impacting the park’s natural resources.”

Vehicle permit access

Beginning Dec. 1, anyone wanting to drive a vehicle into the Mokulē‘ia section (beyond the paved parking lot) of Ka‘ena Point State Park Reserve will need to obtain a free permit. This requirement does not apply to users who hike



The Hawaii State Department of Land and Natural Resources is hosting three informational meetings this month to explain the new permitting process affecting Ka‘ena Point to the public. Off-road traffic in the area resulted in damage and prompted the DLNR to implement the permitting process.

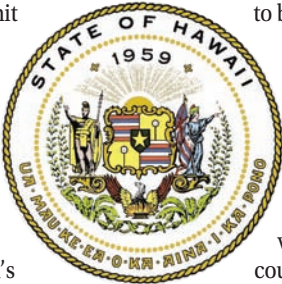
or bike on the dirt road behind the locked gate. Users who get a permit will be provided with the combination to the lock.

DLNR is hosting three informational meetings, this month, to explain the new process and to issue permits to drivers who meet all of the requirements. After these meetings, people can apply for permits at the state park’s office during normal working hours.

Permits may take up to five working days to be issued.

“This permitting system is a management tool that will assist us in enforcing the rules,” said State Parks Administrator Dan Quinn. “If someone conducts illegal activities while in the area, their permit may be revoked and additional penalties could be assessed.”

Officers from the DLNR Division of



Permitting and Public Information

Public informational and permitting meetings, for people who want to acquire a permit, are as follows:

•*Saturday, Nov. 22, 9 a.m.-noon*
Waialua Elementary School Cafeteria
67-020 Waialua Beach Road, Waialua

•*Saturday, Nov. 22, 5:30-9 p.m.*
Mililani High School Cafeteria
95-1200 Meheula Parkway, Mililani

Video Available

To learn more about the permit system and the reasons for it, visit <https://vimeo.com/111943221>.

Conservation and Resources Enforcement will be able to easily tell if someone has a valid permit, as they will be prominently displayed on vehicle bumpers. Permits are valid 24-hours a day, unless DLNR deems the area to be unsafe or declares an emergency condition.

“This system will increase accountability for behavior at Ka‘ena Point and will make rules of where to drive clearer,” Aila explained. “Permits do not restrict pedestrian access, so it does not infringe on native Hawaiian gathering rights.”

Exchange readies for holiday shopping season deals

ARMY & AIR FORCE EXCHANGE SERVICE Public Affairs

DALLAS — With a quarter of its workforce comprised of military family members, the Army & Air Force Exchange Service (AAFES) is a true example of family serving family.

As such, the focus on Thanksgiving will be on family.

“Exchange main stores ... will be closed Thanksgiving, but open early Black Friday to help shoppers find everything they need for the holidays,” said the Exchange’s Chief Merchandising Officer Ana Middleton.

“As part of the military family, we understand how precious time together can be and hope that customers and associates will give thanks on Thursday and go shopping early, at their Exchange, on Friday,” she said.

Hawaii opens at 7 a.m. Black Friday
Exchange doors in the Pacific region will open at 7 a.m. (except Guam which will open at 5 a.m.), while European Exchanges will welcome shoppers at 8 a.m.

Service members who are on an installation on Thanksgiving Day will still have access to convenience items as approximately 156 Express locations will be open worldwide.

In addition, many OCONUS Exchanges will be open on Thanksgiving Day.

Economic impact
According to the First Command Financial



Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — The Schofield Exchange features seasonal gifts and ornaments throughout the store in preparation for holiday shoppers. Black Friday shopping begins at 7 a.m.

Behaviors Index, 82 percent of military families indicated the economy is impacting their Thanksgiving plans.

To improve their economic outlook, the AAFES is serving up a host of Thanksgiving

weekend sales.

The feast of savings on “Black Friday” include Sharp 70-inch LED TVs for \$999, HP Pavilion Notebooks for \$168, 20 percent off regularly priced luggage, Black and Decker gas

Briefs

CONTINUED FROM B-2

Review menus at www.himwr.com/dining/kole-kole-bar-a-grill/kolekole-lunch-buffet and www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu for the week’s lunch specials.

CYS Services — The USAG-HI School Liaison Office has opened an office at AMR. Office hours are Tuesdays and Thursdays, 9 a.m.-4 p.m. The office is located in Bldg. 1782, next to the SKIES studio.

community
Calendar

CONTINUED FROM B-2

world to enjoy the scenic course’s spectacular ocean views, alongside world-famous Waikiki Beach, and Diamond Head and Koko Head volcanic craters.

The terrain is level except for short uphill grades around Diamond Head. The 26-mile run finishes in Waikiki. Call 734-7200.

Ongoing

Flu Vaccines — U.S. Army Health Clinic-SB flu vaccines are now available for authorized patrons. Schofield Family Medicine flu immunizations are provided for Red, White and Blue Family Medicine teams.

- From 7:30-11:30 a.m., Monday-Friday.
- From 1-3 p.m., Monday and Friday.
- From 1-2 p.m., Tuesdays through Thursdays.
- From 7:30-11:30 a.m.,

Family Readiness Group — SB ACS is offering three free FRG classes.

- FRG 101 (9-10 a.m.) is designed for those new to the Army and interested in learning more about FRGs.
- FRG Leader (10 a.m.-12 p.m.) covers the roles and responsibilities of all involved, maintaining rosters, selecting effective volunteers, choosing meeting topics and more.
- FRG Social Media/OPSEC (1-2:30 p.m.) explains the Army’s social media policy and how the policy and operational security applies to Facebook, virtual FRG and other forms of FRG communication. Call SB ACS at 655-4227.

Ballroom — Want to learn the dances from “Dancing with the Stars”? Come check

out a SKIES Unlimited Ballroom Class. At 5 p.m. is Social Ballroom and 6 p.m. is Performance Ballroom. Open to children 10-18 years old. Costs \$35 per month, per child. Call SKIES at 655-9818.

Spades Tournament — Attend this Tropics event Wednesday nights. Sign up between 5:30-6 p.m. Tournaments start promptly at 6 p.m. at SB Tropics.

Preschool Story Time — Take your toddlers (ages 3-5) to a free story time at Army Hawaii Libraries. There’s a different theme and story each week.

Attend FS library (438-9521) Tuesdays and SB library (655-4707) Wednesdays, both at 10 a.m.

in line with installation access security mandates. Call the TAMC Provost Marshal at 433-1111/5914 with your questions.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military bases with base access.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

Holiday
Services

The Religious Support Office will hold the following services during this holiday season.

Protestant

- Nov. 25, 6:10 p.m.**, Joint Thanksgiving Worship Service at Aliamanu Military Reservation (AMR) Chapel
- Dec. 24, 3 p.m.**, Christmas Eve Concert and Worship at Fort DeRussy (FD) Chapel
- Dec. 24, 6 p.m.**, Christmas Eve Service (Liturgical) at Wheeler Army Airfield (WAAF) Chapel
- Dec. 24, 6:30 p.m.**, Christmas Eve Service at Helemano Military Reservation (HMR) Chapel
- Dec. 24, 7 p.m.**, Christmas Eve Service at Soldiers Chapel, Schofield Barracks (SB)
- Dec. 24, 7 p.m.**, Christmas Eve Service at Main Post Chapel (MPC), SB

Catholic

- Nov. 22/23, 10 a.m.**, Hanging of the Greens, AMR Chapel
- Nov. 22/23, 6 p.m.**, Hanging of the Greens, WAAF Chapel
- Nov. 22/23, 3 p.m.**, Hanging of the Greens, MPC, SB
- Nov. 29/30**, First Sunday of Advent
- Dec., 6/7**, Second Sunday Advent
- Dec. 8, 11:45 a.m.**, Solemnity of the Immaculate Conception of the Virgin Mary at Daily Mass
- Dec. 8, Daily Mass, 5 p.m.**, at Soldiers Chapel, SB
- Dec. 8, Daily Mass, 5 p.m.**, at AMR Chapel
- Dec. 10, 6 p.m.**, Advent Reconciliation at MPC, SB (1st confession for children)

- Dec. 13/14**, Third Sunday of Advent
- Dec. 14, 6 p.m.**, Advent Reconciliation at AMR Chapel (1st confession for children)
- Dec. 20/21**, Fourth Sunday of Advent
- Dec. 24, 5 p.m.**, Christmas Family Mass at MPC, SB
- Dec. 24, 5 p.m.**, Christmas Family Mass at AMR Chapel
- Dec. 24, 10 p.m.**, Christmas Eve Mass at WAAF Chapel
- Dec. 25, 10:30 a.m.**, Christmas Day Mass at MPC, SB
- Dec. 27/28**, Feast of the Holy Family of Jesus, Mary and Joseph
- Dec. 31, 5 p.m.**, Vigil Mass for Mary, Mother of God at AMR Chapel
- Jan. 1, 2015, 11:45 a.m.**, Mary Mother of God at Soldiers Chapel, SB
- Jan. 3/4, 2015**, Epiphany of the Lord
- Jan. 10/11, 2015**, Baptism of the Lord

SCHOFIELD
BARRACKS
COMMISSARY

The following holiday hours will be observed at the Schofield Commissary:

- Thanksgiving Day**, closed.
- Christmas Eve**, 9 a.m.-5 p.m.
- Christmas Day**, closed.
- New Year’s Eve**, 9 a.m.-8 p.m.
- New Year’s Day**, closed.

8th TSC, spouses set volunteer examples

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — The foundation of our Army and our nation rests on the “volunteer” spirit of our Soldiers and their families.

That spirit in action can make a tremendous impact on communities.

Twelve 8th Theater Sustainment Command troops and Army spouses were recognized by the unit’s leadership during a ceremony, Nov. 17, at historic Palm Circle, here, for their exceptional dedication to their fellow troops and community.

Maj. Gen. Edward F. Dorman III and Command Sgt. Maj. Charles Tobin, the TSC command team, presented the group of volunteers with certificates of appreciation and Pres-

idential Volunteer Service awards, applauding their commitment and the example they set for our Army family to follow.

“Each of these individuals represents the definition for what this award means — the willingness to dedicating one’s time to helping and mentoring others without being told to do so,” said Dorman. “A volunteer demonstrates leadership qualities that determine their character.”

The 8th TSC’s Volunteer Recognition Ceremony is conducted semiannually in order to recognize outstanding individuals who have contributed significantly as a volunteer to the military and/or the local community.

The unit’s subordinate brigades nominate individuals from their formations.



Twelve 8th Theater Sustainment Command troops and Army spouses are recognized by the unit’s leadership during a ceremony, Nov. 17, at historic Palm Circle for their exceptional dedication to their fellow troops and community.

Awardees

The following were recognized:

- Evelynne Billings**, for her impact as the 95th Engineer Company Family Readiness Group leader.
- Staff Sgt. Daniel J. Cortez**, for coaching multiple youth sports.
- Capt. Forrest E. Cureton** and his wife **Ingrid**, for their leadership with Boy Scout Troop 24.
- Sgt. 1st Class Janna M. Escude**, for leading the

Wailua Elementary Sponsorship Program outreach efforts.

- Sgt. Melissa P. Galloway**, for her role in the Drunk Driving Prevention Program.
- 1st Sgt. Katrina Richardson, Sgt. 1st Class Kyran Adams, Sgt. 1st Class Ismael Gomez, Sgt. 1st Class Matthew Nagoshi, Sgt. 1st Class Terrance Sorrells and Staff Sgt. Janet Gary**, for their work with the Institute of Human Services.

A military spouse offers a Thanksgiving survival prayer

Now I lay me down to pray,
that I’ll survive Thanksgiving Day.

That the special dinner I agreed to host, won’t make me a laughing stock on post.

That as the day gets on I’ll keep my sanity, and have no outbursts of profanity.

That our turkey, overnight, will thoroughly thaw, so that stuffing the bird won’t require a hacksaw.

That the kids will get along, maybe even play a game, instead of bellyaching that the Macy’s Day Parade is “so lame.”

That my husband will assist when the moment is opportune, and not disappear with shipmates to drink beer before noon.

That base neighbors will play football, so the guys feel athletic, but no one will get tackled and require a paramedic.

That the turkey will fry to a nice golden brown, without a conflagration that burns the base down.



That the beans will steam, the potatoes will boil, and the gravy won’t resemble a batch of crude oil.

That our friends won’t mind if the cranberries are canned, and when the smoke detector goes off, they’ll all understand.

That everyone will gather at our table without haste, before the mashed potatoes become wallpaper paste.

That the kids will remember to put napkins on laps, chew with mouths closed and not feed the dog scraps.

That no one will giggle when we all say the blessing, and my husband won’t grimace at the

neighbor’s vegan dressing.

That while carving the turkey, a wishbone we’ll find, not the sack of giblets that got left behind.

That dinner conversation will be without drama, and no one will bring up religion or Obama.

That around our table, stories will be told, about experiences we’ve had, both young and old.

About patriotism, honor, joy and strife; about the laughter, wisdom and strength in military life.

That sharing our stories will help us to see, that our sacrifices make America the home of the free.

And before we get too sentimental with tears in our eyes, someone will remind us that we haven’t yet had pie.

That dessert won’t send me on a guilt trip, because even store bought pie tastes good with enough Cool Whip.

That after dinner everyone will help clear the grub, so I’m not left with dishes to scrub.

That while watching football, my husband will squelch his manly urges to itch, scratch and belch.

And if the quarterback fumbles, he’ll turn a blind eye, rather than throw the remote and let expletives fly.

That our friends won’t linger because they’ve had too much booze, or lie on our couch and take a long snooze.

Gathering with military friends was surely long overdue, but they’ll politely take the clue and bid us adieu.

That they’ll leave our house with just coats and umbrellas, and not any symptoms of acute salmonella.

That we’ll have a quiet moment to let tryptophan digest, and agree that the day was one of the best.

And if we happen to go in for round two of the pie, that we’ll have Pepto Bismol in our supply.

Now, as I lay my head down to rest, I pray that Thanksgiving day will be blessed without stress!



Photo courtesy of U.S. Army Medicine

Good sleep habits promote good health, and starting early makes a positive difference.

Your mom was right about the importance of sleep

RONALD W. WOLF
Army News Service

Turns out your mom was right all along. Army Medicine asks you to remember what Mom said to create better sleep habits for your family, starting with your children. When children learn good sleep habits, those habits can last a lifetime. What exactly are the sleep needs for adolescents and teens? How should parents encourage them to develop better sleep habits? According to the National Sleep Foundation, children aged 5 to 12 need 10 to 11 hours of sleep. At that age, demands for homework, sports and social activities are increasing. Very likely, adolescents are focused on television, computers and the Internet. They also consume products containing caffeine. Combined, these things interfere with good sleep habits. Watching television and the use of personal electronic devices right before bed can especially be a misery for parents, leading to bedtime struggles, sleep anxiety and fewer hours sleeping. Poor or inadequate sleep in adolescents leads to poor moods in association with behavioral problems and a negative effect on learning in school.

What parents should do

What should parents do to help develop good sleep habits for their adolescents? The National Sleep Foundation has the following recommendations:

- Reinforce the need with your school-aged children to develop healthy sleep habits.
- Emphasize need for a regular and consistent sleep schedule and bedtime routine.
- Encourage sleep by keeping the kid’s bedroom dark, cool and quiet.
- Keep television and computers out of the bedroom.
- Monitor caffeine consumption.

Teens fall into a special category when it comes to sleep. They are often overwhelmed by school, sports, social interaction and family demands. Parents need to focus on their teen’s sleep habits as much as and perhaps more than any other age group of their children. Most parents of teens do not need to be told how combative and moody teens can be. Yet, teens who do not get enough sleep can be even more moody than normal, have conflict

with friends and family, and struggle academically. According to the National Sleep Foundation, most teens need more than 9 hours of sleep each night. Teens, on average, do not get enough sleep. However, one study found that only 15 percent of teens reported sleeping at least 8 1/2 hours on school nights, and overall 70 percent of teens do not get enough sleep. It is perfectly normal for teens to have sleep habits that frustrate parents. During adolescence and teen years, sleep habits naturally shift toward later times for both sleeping and waking; some teens cannot fall asleep before 11 p.m. Teens may have sleep habits that vary on different days of the week. They typically stay up late during the week when allowed to and sleep late on the weekends. Such habits hurt their quality of sleep. You may already have a debate in your community regarding later school start times for teens. According to an article on the Scientific American website, later school times improve academic performance, increase attendance, reduce teen depression and decrease the number of student drivers involved in car crashes. Lack of sleep can be downright dangerous when teens get behind the wheel. Drowsiness and falling asleep while driving are factors in more than 100,000 car crashes every year. A National Sleep Foundation survey found that 15 percent of drivers in grades 10 to 12 reported driving drowsy at least once a week. These drivers are at high risk to be in an accident. What should you do to encourage your teens to improve sleep quality? The National Sleep Association also has these recommendations for parents:

- Keep the teen’s bedroom cool, dark and quiet.
- Cut out the caffeine after dinner.
- Establish bed and wake up times and encourage teens to follow them, even on weekends to help teens feel less tired.
- Avoid the television, computer and cell phone for one hour before bedtime.
- Limit eating or exercise close to bedtime.
- Make sure homework is not left for the last minute.

Note that getting the children to bed on time allows a benefit for the parents as well.

   PERFORMANCE TRIAD

Triad’s end approaches

U.S. ARMY GARRISON-HAWAII
Public Affairs

The 26-week Performance Triad challenge is now entering its final week. Check your progress. Track your progress this week on the SAN (sleep, activity, nutrition) End of Challenge Tracking Chart. You’re almost there, as only one week is left!

Sleep Goal

Strive for 7-8 hours of sleep every night this week.



File photos

One goal of the Performance Triad is to encourage fitness through regular activity.

Activity Goal

Get at least 150 minutes of moderate-intensity aerobic activity this week, along with two days of muscle-strengthening. Or, get at least 75 minutes of vigorous-intensity aerobic activity and two days of muscle-strengthening.

Nutrition Goal

Build a healthy plate this week by follow-

ing these tips:

- Make half your plate fruits and vegetables.
- Drink skim or 1 percent milk.
- Choose whole grains over refined grains.



Learning to drink milk isn’t just for children; it helps achieve a healthy nutritional balance for everyone.

Online Support

H.E.A.L.T.H is a Web and Smart-phone app that helps promote healthy nutrition and exercise. It’s designed to help you maintain or lose weight and to improve your fitness by providing personalized nutrition and fitness plans. Register at <http://armyhealth.pbrc.edu>.



HPV vaccination recommended for those at risk

CHERYL PELLERIN
DOD News, Defense Media Activity

WASHINGTON — Immunization at a young age against the human papilloma virus can protect those who are typically infected in the U.S., such as military- or college-age young adults, from a range of cancers as adults, an expert from the Defense Health Agency has said.

Air Force Lt. Col. Amy Costello, a pediatrician who specializes in public health, is chief of the Immunization Healthcare Operations Section in the Defense Health Agency Immunization Healthcare Branch. She spoke about the HPV vaccine at the Pentagon with Department of Defense News.

“Those who typically get infected in the United States are people in their late teens and early 20s, so either early military-age or college-age young adults,” Costello said.

The American Academy of Pediatrics and the Centers for Disease Control and Prevention recommend that 11-to 12-year olds be vaccinated at their well-child doctor’s visit, she added.

Every year the U.S. reports 14 million new HPV infections in men and women, Costello added. The result of such HPV infections for thousands is cancer — mostly in male and female reproductive systems and in the mouth and throat. In rare cases, Costello said, babies born to women who have HPV can develop the virus in their upper respiratory tract, often around their vocal cords.

HPV causes 17,000 cancers in women, 9,000 in men each year.

“In the United States, HPV causes 17,000 cancers in women and 9,000 cancers in men each year,” Costello said, adding that most people never know they are infected.

Women usually find out they’re infected when they have an abnormal Pap smear, she said, and for men, there’s no good screening, so they don’t find out they’ve been infected until it’s too late.

The vaccine is given in a three-shot series beginning when boys and girls are around 11 years old. It’s given in early adolescence for two reasons, Costello said.

“Children have the best immune response to the vaccine when they are between 9 and 15 years old,” she explained, “and the best time to give the vaccine is when kids are in their early teens, before they are at risk.”

U.S. immunization

More than 65 million doses of HPV vaccine have been given in the U.S. It has not been shown to cause major side effects, Costello said, and the vaccine is effective.

“Studies so far show that teenage American girls have seen a 50 percent decrease in infection with the four strains of HPV that the vaccine prevents,” the pediatrician noted.

Before vaccination began in 2006, about 11 percent of American girls aged 14 to 19 were infected with one of the HPV strains that the vaccine protects against. By 2010, that number had dropped to 5 percent, Costello said.

HPV vaccination is recommended routinely up to age 21 in men and age 26 in women. Costello said that in older people, the vaccine doesn’t seem as effective or as able to protect against the infection.

But, she said, the vaccine does protect against four different kinds of HPV strains, the four most common kinds, so the

vaccine may provide some protection even for people who have been infected with one or two different kinds of HPV.

“So if you’re under 21 and a man, or under 26 and a woman,” Costello said, “it’s probably worth it to go get your (vaccine) series completed.”

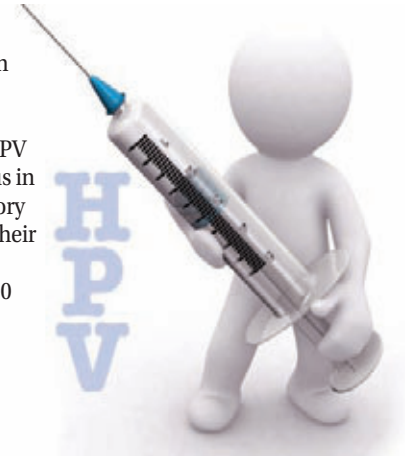
Importance of all three doses

Vaccination has been recommended routinely for girls since 2006, and routinely for boys since 2011, Costello said, adding

that the second shot is given one or two months after the first, and the third shot at six months after the first.

It’s important to get all three doses for long-lasting protection, she said.

“If you are late with one dose, you don’t have to start the series over; just pick up where you left off,” the doctor said. “The protection has been shown to last at least 10 years in girls and five years in boys, so far,” she said. “Maybe longer, we only have data since about 2004.”



File photo

Vaccinations for human papilloma virus, or HPV, at ages 11 and 12 can greatly reduce cancers later in life.

